

CORNELL EXTENSION BULLETIN 925

# HOT BREADS

*for your Community Meals*

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BAKING WITH NEW YORK STATE PASTRY FLOUR



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Pastry flour is milled from soft wheat which is grown in considerable quantities in New York State. At the present time, pastry flour is less expensive than either all-purpose or cake flour. When you buy, read the label to make certain the flour is enriched.

The recipes in this bulletin were all tested with pastry flour. They yield 6 dozen, which is the approximate number of biscuits or hot breads you would need to serve fifty people. The recipes call for dry milk solids and water, but you can use fresh milk by substituting fluid milk for the water and omitting the dry milk solids in the recipes. The flour was measured without being sifted.

Pastry flour is softer than all-purpose flour, but stronger than cake flour. Batters and dough made with pastry flour are generally handled in the same manner as those made with all-purpose flour. Biscuits prepared with it do not require kneading, and give a flaky product with a tender crumb and crust. Biscuits and pastry made with soft wheat flour may be re-rolled without toughening the finished product. Pastry flour does not need as much fat or liquid as does all-purpose flour, so the necessary adjustments were made in the recipes in this bulletin.

Products made with soft wheat flour are exceptionally good. Muffins have a tenderer crumb and crust, a smoother, less rounded top, and a more cake-like structure than muffins made from all-purpose flour. Pastry flour is too soft to be used satisfactorily in most yeast dough, but Virginia Pastry (page 8) is an exception. Try it.

## BAKING POWDER BISCUITS (Basic Recipe)

*Yield: 6 dozen*

*Temperature: 425°F.*

*Baking time: 12 to 15 minutes*

4½ quarts (4 pounds) pastry flour	1½ cups (5 ounces) dry milk solids
½ cup plus 2 tablespoons (4 ounces) baking powder	3½ cups (1 pound 6 ounces) vegetable shortening
2½ tablespoons salt	4½ cups water

1. Mix the dry ingredients until well blended.
2. Rub in the shortening until the mixture is the texture of coarse corn meal.
3. Add the water and mix until all the flour is moistened and the dough is light and soft but not sticky. Do not knead.
4. Place the dough on a lightly floured board, and roll ¾-inch thick. Cut with a 2½-inch round cutter, or cut into 2-inch squares with a floured knife.
5. Put on ungreased baking sheets and bake at 425°F. for 12 to 15 minutes or until lightly browned on top.

### VARIATIONS

*Butterscotch biscuits:* Divide the dough into three parts. Roll each part into a rectangle approximately 18 inches long, 12 inches wide, and ¾ inch thick. Brush each portion of dough with 3 tablespoons melted butter or margarine, and sprinkle it with 1 cup brown sugar. Roll up like a jelly roll. Cut into 24 pieces (approximately ¾-inch slices). Bake in well-greased muffin tins at 425°F. for 12 to 15 minutes.

*Honey curls:* Prepare the dough as for butterscotch biscuits. Spread each portion of dough with ¾ cup honey butter. Roll, cut, and bake as for butterscotch biscuits.

1. Divide dough in thirds. Roll each part in a rectangle about 18 x 12 x ¼ inch

2. Brush melted butter on dough. Sprinkle with brown sugar. Roll like a jelly roll



*Cinnamon biscuits:* Divide and roll the dough as for butterscotch biscuits. Brush each portion of dough with 3 tablespoons melted butter or margarine and sprinkle it with a mixture of  $\frac{1}{2}$  cup granulated sugar, 1 teaspoon cinnamon, and  $\frac{2}{3}$  cup raisins. (If raisins are dry, soak them for a few minutes in hot water and then drain them thoroughly.) Roll, cut, and bake as for butterscotch biscuits.

*Cinnamon honey curls:* Add  $1\frac{1}{2}$  tablespoons cinnamon to the flour. Prepare the dough as for butterscotch biscuits. Spread each portion of the dough with  $\frac{3}{4}$  cup cinnamon honey butter. Roll, cut, and bake as for butterscotch biscuits.

*Orange marmalade biscuits:* Divide and roll the dough as for butterscotch biscuits. Brush each portion of dough with 3 tablespoons melted butter or margarine and spread with  $\frac{2}{3}$  cup orange marmalade. Roll, cut, and bake as for butterscotch biscuits.

*Orange biscuits:* Add  $\frac{1}{2}$  cup grated orange rind to the dry ingredients. Before baking, place  $\frac{1}{2}$  lump sugar dipped in orange juice on top of each biscuit.

*Cheese biscuits:* Add 8 ounces ( $\frac{1}{2}$  quart) of grated sharp cheese to the dry ingredients.

*Whole-wheat biscuits:* Substitute 5 cups (1 pound 8 ounces) whole-wheat flour for  $6\frac{1}{2}$  cups (1 pound 8 ounces) pastry flour.

#### *Other uses for biscuit dough*

The basic recipe for biscuits may be used as a topping for meat, fish, or vegetable pies, or in meat biscuit rolls, sausage rolls, and similar dishes.

3. Cut dough into 24  $\frac{3}{4}$ -inch slices. Bake in well-greased muffin tins

4. Serve butterscotch biscuits hot from the oven



## SCONES

*Yield: 6 dozen*

*Temperature: 425° F.*

*Baking time: 12 to 15 minutes*

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 4½ quarts (4 pounds) pastry flour   | 2¾ cups (1 pound 6 ounces) butter or |
| ½ cup plus 2 tablespoons (4 ounces) | margarine                            |
| baking powder                       | 1¾ cups (8 ounces) currants          |
| 2 tablespoons salt                  | 3 eggs, slightly beaten              |
| 1 cup (8 ounces) sugar              | 4½ cups water                        |
| 1½ cups (5 ounces) dry milk solids  |                                      |

1. Mix the dry ingredients until well blended.
2. Rub in the shortening until the mixture is the texture of coarse corn meal. Add the currants.
3. Add the slightly beaten eggs to the water, and pour the liquid into the dry ingredients. Mix until all the flour is moistened and the dough is light and soft but not sticky.
4. Divide the dough into several portions. Do not knead.
5. Place dough on lightly floured board and roll ½ inch thick. Cut with a 6-inch cutter. Brush dough with:

### Egg-white wash

- |                    |                        |
|--------------------|------------------------|
| 2 egg whites       | ½ cup granulated sugar |
| 1 tablespoon water |                        |

6. Mix egg whites and water, and brush over dough. Sprinkle with granulated sugar.
7. Cut into quarters and place on ungreased baking sheets. Bake at 425°F. for 12 to 15 minutes or until top is light brown.

### VARIATION

*Shortcake biscuits:* Omit the currants.

## COFFEE CAKE

*Yield: 60 servings*  
*Pan size: 2 large pans,*  
*18 x 12 x 2 inches*

*Temperature: 350°F.*  
*Baking time: 45 minutes*

2½ cups (1 pound) vegetable shortening	½ cup plus 2 tablespoons (4 ounces) baking powder
2 cups (1 pound) sugar	2 tablespoons salt
5 eggs	2 cups (8 ounces) dry milk solids
4¼ quarts (4 pounds) pastry flour	2 quarts water

1. Cream the shortening and sugar.
2. Add the eggs and mix well.
3. Mix all the dry ingredients together; add them in three parts alternately with the water, beginning and ending with the dry ingredients. Mix only until well blended.
4. Pour into well-greased and floured pans (approximately 5 pounds of batter to each pan). Sprinkle batter with:

### Topping

1¼ cups (10 ounces) butter or margarine	2 cups (12 ounces) brown sugar
1 2/3 cups (6 ounces) pastry flour	1 tablespoon cinnamon
	2 cups (8 ounces) nuts, coarsely chopped

5. Chill the butter or margarine. Blend the dry ingredients together; rub in the shortening until the mixture appears coarse and the fat particles are about the size of peas.
6. Sprinkle the mixture on top of the batter; garnish with chopped nuts.
7. Bake at 350°F. for approximately 45 minutes.

## VIRGINIA PASTRY

*Yield: 6 dozen*

*Make sure all ingredients are cold*

*Temperature: 400° F.*

*Baking time: 10 minutes*

- |   |  |
|---|--|
| $\frac{1}{2}$ cup plus 2 tablespoons (5 ounces) sugar | $8\frac{1}{2}$ cups (2 pounds) pastry flour  |
| 4 cups (1 pound 10 ounces) vegetable shortening       | $\frac{3}{4}$ cup (3 ounces) dry milk solids |
| 2 tablespoons salt                                    | 2 $\frac{1}{3}$ cups cold water              |
| 1 $\frac{1}{3}$ teaspoons sweet dough flavoring*      | 8 cakes (4 ounces) yeast                     |
|   | 7 eggs, slightly beaten                      |
|   | $4\frac{1}{4}$ cups (1 pound) pastry flour   |

1. Cream the sugar, shortening, salt, and flavoring.
2. Add the first quantity of flour and mix until the creamed mass is broken into small lumps.
3. In a separate bowl, sprinkle the dry milk solids on top of the water; beat until all the milk is dissolved. Dissolve the yeast in the milk and add the eggs. Add the second portion of flour, mixing thoroughly.
4. Pour the yeast-milk-egg-and-flour mixture into the creamed sugar-shortening-and-flour mixture; mix thoroughly. (Mixture should be 65°F. or colder.)
5. Immediately turn dough onto floured board. Roll dough  $\frac{1}{2}$ -inch thick and cut out with a 2 $\frac{1}{2}$ -inch round fluted or star cutter. Spread with:

### Topping

- |                                   |   |
|-----------------------------------|---|
| $\frac{1}{2}$ cup milk            | 1 $\frac{1}{2}$ cups jelly, jam, or fruit filling |
| 1 cup (8 ounces) granulated sugar |   |

6. Brush top of dough with milk. Spread granulated sugar on waxed paper and turn dough upside down on it. Place pastries sugared side up on a greased baking sheet about 1 inch apart. Make an indentation in the center. Fill with about 1 teaspoon of jelly, jam, or fruit filling.
7. Let dough rise till rolls increase in size about half, about one-half hour.
8. Bake at 400°F. for 10 minutes; then glaze them.

### Glaze

- |   |                           |
|---|---------------------------|
| 2 $\frac{1}{3}$ cups (10 ounces) confectioner's sugar | 3 tablespoons lemon juice |
|   | Hot water, as needed      |
9. Mix together and brush over warm rolls.

\*OR 1 teaspoon vanilla, 1 tablespoon grated lemon rind, and  $\frac{1}{4}$  teaspoon ground cardamom seed.





1. Get your equipment ready first



2. Cream sugar, fat, salt, and flavoring



3. Mix in the first quantity of flour



4. Add the dry milk to the water



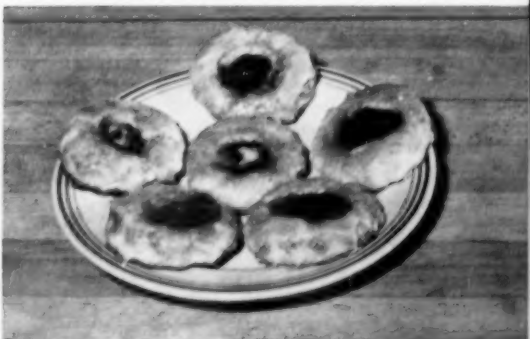
5. Combine the liquid and dry mixtures



6. Roll and cut dough; brush with milk



7. Place jelly or jam on pastries



8. Spread with glaze after baking

## PLAIN MUFFINS

*Yield: 6 dozen*

*Baking time: 20 minutes*

*Temperature: 425°F.*



2½ cups (1 pound) vegetable shortening

1¾ cups (14 ounces) sugar

8 eggs

4½ quarts (4 pounds) pastry flour

2 tablespoons salt

½ cup plus 2 tablespoons (4 ounces) baking powder

1½ cups (6 ounces) dry milk solids

6½ cups water

1. Cream the shortening and sugar thoroughly.
2. Add the eggs; mix well.
3. Blend the dry ingredients and add them with the water at one time.
4. Combine by hand with a folding motion down the side of the bowl and up through the middle until the ingredients are well blended but still have a pebbly appearance. *Do not overmix.*
5. Using a No. 20 serving scoop, dip from the edge of the bowl into well-greased muffin tins, or pour batter into well-greased baking pans.
6. Bake at 425°F. for about 20 minutes.

### VARIATIONS

*Bacon:* Add 1½ cups finely chopped cooked bacon to the dry ingredients.

*Blueberry, cherry, mincemeat, or other moist fruit:* Use one quart well-drained fruit. Sprinkle part of fruit on top of muffin batter, and dip up muffins with fruit. Repeat.

*Coconut:* Add 1 cup (4 ounces) finely chopped coconut to the dry ingredients.

*Cranberry:* Mix 1 quart (1 pound) chopped raw cranberries and 1 cup (8 ounces) sugar. Sprinkle some of the cranberry mixture on top of the muffin batter and dip up muffins with berries. Repeat.

*Date, raisin, dried, or candied fruit:* Add 3 cups fruit to the dry ingredients. (Large fruit should be coarsely chopped.)

*Jelly or marmalade:* Place 1 teaspoon jelly, jam, or marmalade in a slight indentation on top of each unbaked muffin.

*Nut:* Add 2 cups (8 ounces) chopped nuts to the dry ingredients.

*Orange:* Add 1/3 cup grated orange rind to the dry ingredients. On top of each unbaked muffin, place ½ lump of sugar dipped in orange juice.



1. Get your equipment ready first



2. Cream the shortening and sugar



3. Add eggs to the creamed mixture



4. Blend eggs thoroughly



5. Add dry ingredients and water



6. Combine by hand



7. Blend batter till it looks pebbly



8. Dip up muffins

## TOMATO JUICE MUFFINS

*Yield: 6 dozen*

*Temperature: 425°F.*

*Baking time: 20 minutes*

2½ cups (1 pound) vegetable shortening	½ cup plus 2 tablespoons (4 ounces) baking powder
1¾ cups (14 ounces) sugar	½ cup (2 ounces) dry milk solids
8 eggs	2 cups water
4¼ quarts (4 pounds) pastry flour	4½ cups tomato juice
2 tablespoons (1 ounce) salt	1 1/3 cups (4 ounces) sharp cheese, grated

1. Cream shortening and sugar thoroughly.
2. Add the eggs and mix well.
3. Blend the dry ingredients and add them with the water and tomato juice at one time. Mix only enough to combine.
4. Dip with a No. 20 scoop into well-greased muffin tins.
5. Sprinkle 1 teaspoon grated cheese on top of each muffin.
6. Bake at 425°F. for approximately 20 minutes.

## GRAHAM OR WHOLE-WHEAT MUFFINS

*Yield: 6 dozen*

*Temperature: 425°F.*

*Baking time: 20 to 25 minutes*

2½ cups (1 pound) vegetable shortening	2¾ quarts (2 pounds 8 ounces) pastry flour
1¾ cups (14 ounces) sugar	½ cup plus 2 tablespoons (4 ounces) baking powder
8 eggs	2 tablespoons salt
1¾ quarts (1 pound 8 ounces) graham or whole-wheat flour	1½ cups (6½ ounces) dry milk solids
	6½ cups water

1. Cream the shortening and sugar thoroughly.
2. Add the eggs and mix well.
3. Blend the dry ingredients and add them with the water at one time. Mix only enough to combine.
4. Dip with a No. 20 scoop into well-greased muffin tins.
5. Bake at 425°F. for 20 to 25 minutes.

## DARK BRAN MUFFINS

*Yield: 6 dozen*

*Temperature: 425°F.*

*Baking time: 20 to 25 minutes*

- |  |                                   |
|--|-----------------------------------|
| 1½ cups (10 ounces) vegetable shortening   | 1 quart (1 pound) dry cake crumbs |
| 2½ cups molasses                           | 2 quarts (1 pound) bran           |
| 5 eggs                                     | 2 tablespoons (1 ounce) salt      |
| 2¼ quarts (2 pounds 2 ounces) pastry flour | 1/3 cup (2 ounces) soda           |
|  | 8½ cups buttermilk                |

1. Cream the shortening, molasses, and eggs thoroughly.
2. Blend the dry ingredients and add them with the buttermilk at one time to the shortening-egg-molasses mixture; mix only enough to combine.
3. Dip with a No. 16 scoop into well-greased muffin tins. All the mixture should be dipped at once.
4. Bake at 425°F. for 20 to 25 minutes.

## BANANA BRAN MUFFINS

*Yield: 6 dozen*

*Temperature: 425°F.*

*Baking time: 20 to 25 minutes*

- |  |  |
|--|--|
| 1½ cups (10 ounces) vegetable shortening             | 2¾ quarts (2 pounds 8 ounces) pastry flour |
| 2¼ cups (1 pound 2 ounces) granulated sugar          | 1¼ quarts (1 pound 4 ounces) bran          |
| 2¾ quarts (5 pounds 8 ounces) peeled, sliced bananas | 4½ tablespoons (1½ ounces) baking powder   |
| 10 eggs  | 2 tablespoons (1 ounce) soda               |
|  | 2 tablespoons (1 ounce) salt               |
|  | 1½ cups buttermilk                         |

1. Cream the shortening and sugar.
2. Add the ripe bananas; beat mixture to break them up.
3. Add the eggs; mix well.
4. Blend the dry ingredients and add them at one time with the buttermilk. Mix only enough to combine.
5. Dip with a No. 16 scoop into well-greased muffin tins.
6. Bake at 425°F. for 20 to 25 minutes.

## GINGERBREAD MUFFINS

*Yield: 6 dozen*

*Temperature: 425° F.*

*Baking time: 20 to 25 minutes*

- |   |                               |
|---|-------------------------------|
| 3½ cups (1 pound 4 ounces) vegetable shortening | 2½ tablespoons (1 ounce) soda |
| 2 cups (1 pound) sugar                          | 2 tablespoons (1 ounce) salt  |
| 8 eggs  | 1 1/3 tablespoons ginger      |
| 1 quart molasses                                | 1 1/3 tablespoons cinnamon    |
| 4 quarts (3 pounds 12 ounces) pastry flour      | ¾ teaspoon cloves, ground     |
|   | 3 cups water                  |

1. Cream the shortening and sugar; add the eggs and mix well.
2. Add the molasses and mix.
3. Blend the dry ingredients and add them with the water at one time; mix only enough to combine.
4. Dip with a No. 16 scoop into well-greased muffin tins. All the mixture should be dipped at once.
5. Bake at 425°F. for 20 to 25 minutes.

## SUGARY APPLE MUFFINS

*Yield: 6 dozen*

*Temperature: 425°F.*

*Baking time: 20 minutes*

- |  |  |
|--|--|
| 1¾ cups (12 ounces) vegetable shortening           | 3¾ quarts (3 pounds 6 ounces) pastry flour |
| 2¾ cups (1 pound 2 ounces) sugar                   | ½ cup (3¼ ounces) baking powder            |
| 6 eggs   | 1 tablespoon salt                          |
| 1 quart apples, chopped (frozen, fresh, or canned) | 2 tablespoons (½ ounce) cinnamon           |
|  | 1½ cups (6 ounces) dry milk solids         |
|  | 1½ quarts water                            |

1. Cream the shortening and sugar thoroughly.
2. Add the eggs; mix well.
3. Add the chopped apples and combine.
4. Blend the dry ingredients and add them with the water at one time. Mix only enough to combine.
5. Dip with a No. 16 scoop into well-greased muffin tins. Sprinkle with:

### Topping

$\frac{3}{4}$  cup (6 ounces) sugar

1 teaspoon cinnamon

6. Sprinkle  $\frac{1}{2}$  teaspoon cinnamon-sugar mixture on top of each muffin.
7. Bake at 425°F. for approximately 20 minutes.

### CORNBREAD

*Yield: 6 dozen pieces  
(2 $\frac{1}{2}$  x 3 inches)*

*Temperature: 425°F.  
Baking time: 40 to 45 minutes*

1 $\frac{3}{4}$ quarts (2 pounds 7 ounces) corn meal	$\frac{1}{2}$ cup plus 2 tablespoons (4 ounces) baking powder
2 quarts (1 pound 14 ounces) pastry flour	1 $\frac{3}{4}$ cups dry milk solids
1 $\frac{1}{2}$ cups (12 ounces) sugar	9 eggs, slightly beaten
2 $\frac{1}{3}$ tablespoons salt	1 $\frac{3}{4}$ quarts water
	2 $\frac{3}{4}$ cups (1 pound 2 ounces) vegetable shortening, melted

1. Mix the dry ingredients until well blended.
2. Beat eggs slightly and add the water; add liquid to dry ingredients and mix thoroughly.
3. Add melted shortening and mix until batter is smooth.
4. Pour batter into well-greased baking pans (12 x 18 inches), to the depth of 1 inch.
5. Bake at 425°F. for 40 to 45 minutes.

### VARIATIONS

*Corn muffins:* Dip batter with a No. 16 scoop into well-greased muffin tins. Bake at 425°F. for approximately 30 minutes.

*Cornsticks:* Grease cornstick pans well and place in oven until hot. Fill indentations using a No. 16 scoop. Bake at 425°F. for approximately 30 minutes.

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